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## **Anti-Bullying Program for Girls** **#NoMeanGirls@school releases 8-week program**

**DALLAS-FORT WORTH, TX -- Female-centric media company Plaid for Women is the leading corporate sponsor for the #NoMeanGirls@school program.**

#NoMeanGirls@school is an 8-week program designed for girls ages 10-14. Through the weekly discussions girls will gain confidence, understand empathy, and learn how to prevent bullying.

Plaid for Women started the campaign #NoMeanGirls to challenge other women to support each other and lift each other up. So many women were encouraged by the idea they wanted Plaid to develop something for girls.

Sarah Webb, Plaid for Women President, worked with #NoMeanGirls@school to create the 8-week program. Each week girls enjoy a video introducing a topic such as What is a Mean Girl? and Mean Girl in the Mirror followed by discussion. All materials can be accessed through an online portal or schools can purchase a license to use in the counseling department or after school programs.



“Bullying continues to be an issue for both boys and girls in our schools. By helping girls identify bullies, reduce negative self-talk, and develop compassion for others, we know we can make a difference in our communities,” shares Sarah Webb.

#NoMeanGirls@school believes that developing a girl’s self-confidence lets her dream her biggest dreams for her future.

### **About #NoMeanGirls@school**

#NoMeanGirls@school is a non-profit organization focused on training and developing girls to be future role models. Through their 8-week program girls develop confidence, learn to empathize, and prevent bullying. The program can be accessed through schools or an online portal.

### **ABOUT PLAID FOR WOMEN**

Plaid for Women, Inc. is a platform where women of all races, religions, and political affiliations connect and share resources regarding the “Business of Life.” Utilizing blog, video, and audio formats, viewers discuss career & money, health & wellness, home & family, inspiration, and more.

Inclusive and professional, Plaid’s underlying theme and culture is “No Mean Girls.” Plaid does not condone destructive behavior, rather it recognizes talent & character, supports in failure & success, and helps women to succeed – even if they surpass their peers.

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